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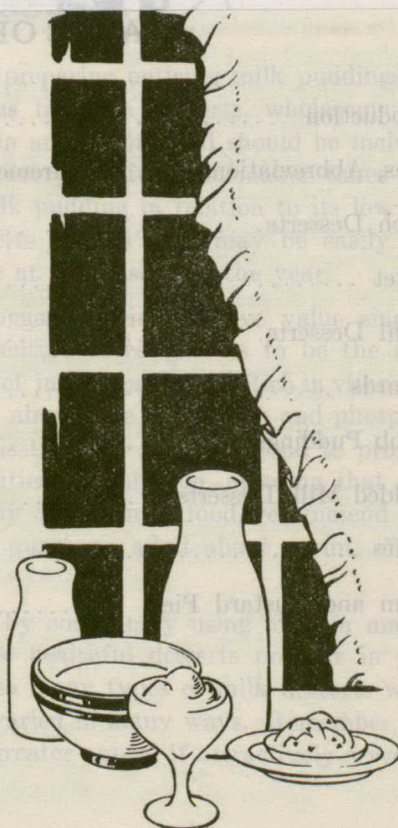
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Milk Desserts

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Milk Desserts

WHY do so many mothers delight in preparing enticing milk puddings for their family? The reason is obvious for such desserts, wholesome and readily digested, are ideal for both children and adults, and should be included regularly in the daily meals. Then, too, every thrifty homemaker takes into consideration the high food value of a milk pudding in relation to its low cost and appreciates the fact that most desserts of this type may be easily and quickly prepared from materials available at all seasons of the year.

"Milk Desserts"—the term itself suggests their nutritive value since it implies that milk, proven by modern scientific investigations to be the most indispensable food for the body, is the chief ingredient used. Rich in vitamins, providing proteins of excellent quality, an abundance of calcium and phosphorus, and, in addition, sugar and fat, milk is the best all-round food to promote growth and to safe-guard health. Authorities on nutrition, agreeing that milk contributes more to human needs than any other single food, recommend that each day a child should consume about a quart, an adult about a pint, of this valuable food.

Account for part of this daily quota by continually using milk in making tempting puddings. Make and keep these healthful desserts popular in your home. It can be easily done as there are so many types of milk desserts which may be served, and each, in turn, can be varied in many ways. Remember, too, that any food no matter how simple, has greater appeal if attractively served.

Follow recipe for Blanc Manger. Add 1 c. chopped cherries and 2 tbsp. juice with flavouring.

Follow recipe for Blanc Manger. Add 1 c. well-drained crushed or sliced pineapple with flavouring.

NOTES, ABBREVIATIONS AND MEASUREMENTS

ALL recipes have been tested using standard measuring cup and spoons. In all cases use level measurements.

Unless otherwise stated use granulated sugar.

In making a meringue fine granulated sugar may be substituted for fruit sugar.

In using chocolate in making a milk pudding, grate and melt it in the milk, then beat well with egg beater.

In using cocoa mix cocoa with sugar and other dry ingredients before combining with the milk.

Bars of chocolate are marked in squares, each weighing one ounce.

Four tablespoons of cocoa may be used in place of one ounce of chocolate.

To scald milk heat milk slowly until small bubbles appear around edges and a slight scum forms on top of milk.

Two saucepans, one fitted over another may be used in place of double boiler.

To oven-poach a pudding, place pudding dish in pan of hot water and bake in moderate oven.

To toast cocoanut, spread shredded cocoanut on a tin and brown in a slow oven.

In recipes which call for nuts—any nuts such as walnuts, almonds or peanuts may be used.

ABBREVIATIONS

Teaspoon	tsp.
Tablespoon	tbsp.
Cup	c.
Ounce	oz.
Minutes	mins.

MEASUREMENTS

3 teaspoons	1 tablespoon.
16 tablespoons	1 cup.
2½ cups	1 pint.
5 cups	1 quart.

All recipes make six servings.

STARCH DESSERTS

THIS large group comprises all the milk puddings which are thickened with cornstarch or flour. To ensure a smooth texture and good flavour, when making desserts of this type, the following points should be kept in mind:

- (1) Mix the cornstarch or flour with sugar and blend with cold milk before adding to the scalded milk.
- (2) Cook in top of double boiler.
- (3) Stir constantly while mixture is thickening, then occasionally until mixture is cooked.
- (4) Cook mixture until the flavour of raw starch has disappeared.
- (5) If whole eggs or egg yolks are being added, cook cornstarch or flour mixture first, then add a small amount of hot mixture to beaten eggs and combine with mixture in double boiler and cook for three minutes longer.
- (6) If beaten egg whites are being added, fold into pudding after removing from heat.
- (7) Flavouring, nuts, fruits, etc., should be added after pudding has been removed from heat.
- (8) To reduce cost $\frac{1}{2}$ tablespoon cornstarch or 1 tablespoon flour may be substituted for 1 egg.

BLANC MANGE

4 tbsp. cornstarch	2½ c. hot milk
¼ tsp. salt	1 egg
¼ c. sugar	1 tsp. vanilla
½ c. cold milk	

Mix cornstarch, sugar and salt, and blend with cold milk. Add slowly to hot milk in top of double boiler and stir constantly until mixture thickens. Cook for 20 to 30 minutes, stirring occasionally. Add well-beaten egg and cook 3 minutes. Remove from heat, add flavouring. Chill.

NOTES: Egg may be omitted and $4\frac{1}{2}$ tbsp. cornstarch used. The egg yolk may be added to the pudding, and the beaten egg white folded in at the last with the flavouring.

COCOANUT PUDDING

Follow recipe for Blanc Mange, omitting egg yolk and folding in one stiffly beaten egg white and $\frac{1}{2}$ c. shredded coconut with flavouring. Serve with crushed fruit or fruit sauce.

MAPLE BLANC MANGE

Follow recipe for Blanc Mange, omitting sugar and using $\frac{1}{2}$ c. maple syrup.

MARASCHINO CREAM

Follow recipe for Blanc Mange. Add $\frac{1}{4}$ c. chopped cherries and 2 tbsp. juice with flavouring.

PINEAPPLE FLUFF

Follow recipe for Blanc Mange. Add $\frac{1}{2}$ c. well-drained crushed or diced pineapple with flavouring.

CHOCOLATE DATE CREAM

Follow recipe from Blanc Mange, using $\frac{1}{3}$ c. sugar and 1 oz. unsweetened chocolate or 4 tbsp. cocoa. When pudding is cooked, add $\frac{1}{2}$ c. chopped dates.

FIG PUDDING

Follow recipe for Blanc Mange. Cut figs in small pieces and cook in boiling water until soft. Add 2 tbsp. sugar and $\frac{1}{2}$ tsp. lemon juice. Cool and fold into cooked pudding.

IVORY CREAM

Follow recipe for Blanc Mange, omitting egg yolk. Fold in two stiffly beaten egg whites with flavouring. Serve with Fruit Sauce.

FRUIT SAUCE

1 tbsp. cornstarch
2 tbsp. cold water.

$\frac{1}{2}$ c. syrup from canned fruit
 $\frac{1}{2}$ c. finely chopped fruit.

Mix cornstarch with cold water. Add to heated fruit syrup. Cook for 10 mins. Add fruit.

RAISIN CREAM

Follow recipe for Blanc Mange. When cooked, add 1 c. seedless raisins. Use 1 tsp. lemon extract or lemon juice as flavouring.

ALMOND FLUFF

Follow recipe for Blanc Mange, folding in at the last the beaten egg white and $\frac{1}{2}$ c. chopped blanched almonds. Use $\frac{1}{2}$ tsp. almond extract for flavouring. Serve with jelly or fruit sauce.

DELMONICO PUDDING

Follow recipe for Blanc Mange omitting egg yolk. Place in baking dish, spread with layer of jam or jelly. Cover with meringue made from 2 egg whites and 4 tbsp. fruit sugar. Place dish in pan of hot water and bake in moderate oven until meringue is brown.

MARSHMALLOW PUDDING

2 tbsp. cornstarch
1 tsp. sugar
 $\frac{1}{4}$ c. cold milk
 $1\frac{1}{4}$ c. hot milk

16 marshmallows
1 tsp. vanilla
2 egg whites

Mix cornstarch and sugar with cold milk. Add to hot milk in top of double boiler and cook 20 minutes, stirring constantly until mixture thickens. Remove from heat and beat in marshmallows (cut in pieces). Add vanilla and fold in beaten egg whites. Cool. Serve with crushed fruit or a fruit sauce.

CARAMEL CREAM

1 c. brown sugar
 $\frac{1}{4}$ c. boiling water
4 tbsp. cornstarch
 $\frac{1}{8}$ tsp. salt

$\frac{1}{2}$ c. cold milk
 $1\frac{1}{2}$ c. scalded milk
1 egg
 $\frac{1}{2}$ tsp. vanilla

Melt sugar in heavy saucepan, stirring constantly until it turns a rich caramel shade. Add boiling water and simmer 3 mins. Mix cornstarch, salt and cold milk, and add to hot milk. When mixture is thick, add caramel and cook 30 mins. Add well-beaten egg and cook 3 mins. longer. Remove from heat and add flavouring. Serve with cream or caramel sauce.

CHOCOLATE COCOANUT WHIP

2 oz. unsweetened chocolate	2 egg yolks
2 c. milk	1 tsp. vanilla
$\frac{1}{2}$ c. flour	$\frac{1}{2}$ c. cocoanut, toasted
$\frac{1}{2}$ c. sugar	2 egg whites
$\frac{1}{8}$ tsp. salt.	

Add chocolate to $1\frac{1}{2}$ c. of the milk and heat in top of double boiler until chocolate is melted. Beat well with rotary egg beater. Combine flour, sugar and salt with $\frac{1}{2}$ c. cold milk. Stir into hot chocolate mixture and continue stirring until thickened. Cook 15 mins. Add part of hot mixture to beaten egg yolks. Return to double boiler and cook 5 mins. Remove from heat and fold in stiffly beaten egg whites and cocoanut. Garnish with toasted cocoanut.

LEMON FLUFF

3 tbsp. cornstarch	$1\frac{1}{2}$ c. hot milk
1 tbsp. flour	2 lemons, grated rind and juice
1 c. sugar	2 egg yolks
$\frac{1}{8}$ tsp. salt	2 egg whites.
$\frac{1}{2}$ c. cold milk	

Mix cornstarch, flour, sugar and salt with cold milk. Add to hot milk in top of double boiler and cook about 20 mins. stirring constantly until mixture is thick. Add some of hot mixture to beaten egg yolks combined with lemon rind. Stir into pudding and cook 3 mins. Remove from heat. Add lemon juice and fold in beaten egg whites.

MAPLE SYRUP CREAM

$\frac{1}{2}$ c. flour	2 egg yolks
$1\frac{1}{4}$ c. maple syrup	3 tbsp. butter
$\frac{1}{4}$ tsp. salt	2 egg whites
$1\frac{1}{4}$ c. hot milk	

Mix flour, salt and maple syrup. Add hot milk gradually, and cook in double boiler, stirring constantly, until mixture thickens. Cook 15 mins. Add small portion of hot mixture to beaten egg yolks. Stir into pudding and cook 3 mins. Remove from heat. Add butter and fold in stiffly beaten egg whites.

BUTTERSCOTCH PUDDING

4 tbsp. butter	$2\frac{1}{2}$ c. milk
1 c. brown sugar	1 egg
4 tbsp. cornstarch	2 tbsp. caramel syrup
$\frac{1}{4}$ tsp. salt	

Melt butter in top of double boiler. Add sugar, cornstarch and salt. Cook over direct heat until mixture turns a rich brown colour. Add milk. Stir constantly until mixture thickens. Cook about 30 mins. Then add beaten egg and cook 3 mins. longer. Add caramel syrup. Cocoanut, fruit, or nuts may be added after removing from heat.

CARAMEL SYRUP

1 c. sugar	1 c. water
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Melt sugar in heavy saucepan, or frying pan, and when it turns a light brown colour, add boiling water. Cook for 10 mins. until mixture is slightly thickened.

JUNKET

JUNKET, the simplest of the milk desserts, is made by coagulating lukewarm milk with rennet and adding the desired sweetening and flavouring. Rennet or junket, as it is commonly called, is sold in both tablet and powder form, the latter containing sugar, flavouring, and colouring, in addition to the rennet.

Junket is delicious served with crushed fruits or with whipped cream.

JUNKET No. 1

1 junket tablet
1 tbsp. cold water
2 or 3 tbsp. sugar
Pinch of salt.

1 qt. milk
1 tsp. vanilla or other flavouring
Colouring, if desired.

Crush tablet and dissolve in cold water. Add sugar and salt to milk and heat to lukewarm. Remove from heat and add tablet and flavouring. Pour into dessert dishes and let stand at room temperature for 20 mins. Then chill.

JUNKET No. 2

1 package junket powder

1 qt milk

Heat milk to lukewarm. Remove from heat. Stir in junket powder. Pour into dessert dishes and let stand at room temperature for 20 mins. Then chill.

CARAMEL JUNKET

Follow recipe for Junket No. 1, omitting sugar and adding $\frac{1}{4}$ c. caramel syrup. (See page 7.)

CHOCOLATE JUNKET

Combine sugar with 1 oz. unsweetened chocolate or $\frac{1}{4}$ c. cocoa. Add $\frac{1}{3}$ c. boiling water and simmer 5 mins. Gradually add the milk. Finish as Junket No. 1.

COFFEE JUNKET

Boil 2 tbsp. coffee in $\frac{1}{4}$ c. water. Strain and add to milk. Finish as Junket No. 1.

JUNKET RICE PUDDING

Place 2 tbsp. cooked, sweetened rice in bottom of each dessert dish. Pour Junket No. 1 or No. 2 over the rice.

CUSTARD JUNKET

Follow recipe for Junket No. 1 or No. 2, using 3 c. milk. Pour heated milk over 2 beaten eggs. Strain.

MARSHMALLOW JUNKET

Cut marshmallows and place in bottom of dessert dishes. Pour Junket No. 1 or No. 2 over them and garnish with whipped cream.

FRUIT WHIP WITH JUNKET

Place Junket No. 1 or No. 2, flavoured with lemon or orange, in dessert dishes. When set, pile Fruit Whip on Junket.

FRUIT WHIP

$\frac{1}{4}$ c. apple, prune or apricot pulp
2 tbsp. sugar

1 tsp. lemon juice
1 egg white

Fold fruit pulp, sugar and lemon juice into stiffly beaten egg white.

FRUIT JUNKET

Place crushed, sweetened fresh fruit, jelly or canned fruit over Junket No. 1 or No. 2 before serving.

CEREAL DESSERTS

BY combining milk with a cereal, which is rich in starch, a very nourishing dessert is made. Many cereals are suitable for puddings but rice and tapioca are the most commonly used for the purpose. The general rules to follow in making cereal desserts are:

- (1) Cook in top of double boiler or in a slow oven.
- (2) Stir frequently while mixture is thickening.
- (3) Cook cereal until tender before adding whole eggs or egg yolks.
- (4) When adding egg yolks or whole eggs, beat and combine with a small amount of hot mixture before adding to pudding.
- (5) If egg whites are being added, fold into mixture after it has been removed from heat.
- (6) Flavoring, nuts, fruits, etc., should be added after pudding has been removed from heat.

BAKED RICE PUDDING

$\frac{1}{2}$ c. rice	3 c. milk
$\frac{1}{4}$ tsp. salt	2 tbsp. butter
3 c. boiling water	1 tsp. vanilla or grated lemon rind
$\frac{1}{2}$ c. sugar (white or brown)	2 eggs whites
2 egg yolks	

Wash rice thoroughly. Cook with salt in the boiling water until tender. Drain through a sieve and pour hot water over rice to separate kernels. Combine sugar, egg yolks, milk, butter, and flavouring with rice. Fold in beaten egg whites. Place in buttered baking dish and bake in pan of hot water in moderate oven (325°-350° F) until firm—about 30 mins.

NOTE.—The cooking of the pudding may be completed in the top of double boiler, egg whites being folded in when pudding is cooked.

RICE MERINGUE

Follow recipe for Baked Rice Pudding. Make meringue by beating two egg whites until stiff and gradually adding 4 tbsp. fruit sugar. When pudding has baked for 15 mins. cover with meringue and brown in a slow oven (about 15 mins.)

COCOANUT RICE PUDDING

Follow recipe for Baked Rice Pudding, adding $\frac{1}{2}$ c. shredded cocoanut with sugar, egg yolks and butter.

PINEAPPLE RICE

Follow recipe for Baked Rice Pudding, adding $\frac{1}{2}$ c. diced or grated pineapple (well-drained) with the beaten egg whites.

BAKED RICE WITH FRUIT

Follow recipe for Baked Rice Pudding, adding $\frac{3}{4}$ c. fruit (raisins, currants, or dates, or a combination of these fruits) with sugar, egg yolks and butter.

LEMON CREAM RICE

$\frac{1}{2}$ c. rice	$\frac{1}{2}$ lemon (rind)
3 c. milk	1 $\frac{1}{2}$ tsp. lemon juice
$\frac{1}{2}$ c. sugar	2 egg whites
$\frac{1}{4}$ tsp. salt	3 tbsp. fruit sugar.
2 egg yolks	

Wash rice and cook with milk in top of double boiler until rice is tender. Mix together sugar, salt, beaten egg yolks, lemon rind and juice, and add to hot

rice. Cook 5 mins. Place in buttered baking dish and cover with meringue made from stiffly beaten egg whites and fruit sugar. Bake in a slow oven (325° F) until meringue is browned (about 15 mins.).

PRUNE AND RICE CREAM

Follow recipe for Lemon Cream Rice, omitting lemon rind and adding 1 cup chopped cooked prunes to pudding before covering with meringue.

APPLE CREAM RICE

4 apples
 $\frac{1}{4}$ c. sugar
 $\frac{1}{2}$ c. water

1 tbsp. butter
 Cinnamon

Pare and cut apples into eighths. Simmer slowly in syrup made from sugar and water, until apples are tender but not broken. Place in bottom of buttered baking dish, dot with butter and sprinkle with cinnamon. Cover with Lemon Cream Rice, top with meringue and bake in a slow oven until meringue is browned (about 15 mins.).

INDIAN PUDDING

$\frac{1}{3}$ c. cornmeal
 4 c. milk
 1 tsp. ginger

1 tsp. salt
 $\frac{1}{2}$ tsp. cinnamon
 $\frac{1}{2}$ c. molasses

Heat milk in double boiler. Whisk in cornmeal with a fork and cook for 20 mins., stirring until mixture thickens. Add molasses, salt and spices. Pour into buttered baking dish. Place in pan of hot water and bake in moderate oven about 1 hour, or until set.

FARINA CREAM

$\frac{1}{3}$ c. farina
 $\frac{1}{2}$ c. sugar or honey
 $\frac{1}{4}$ tsp. salt.

2 c. milk
 2 eggs
 $\frac{1}{2}$ tsp. grated lemon rind

Heat milk in top of double boiler. Whisk in farina and salt with a fork and cook 20 mins., stirring until mixture thickens. Add sugar or honey, well-beaten eggs, and lemon rind. Cook 2 mins. Chill and serve with crushed fruit or fruit sauce.

MAPLE RICE PUDDING

$\frac{1}{4}$ c. rice
 2 c. milk
 1 $\frac{1}{2}$ tbsp. cornstarch
 $\frac{1}{2}$ c. maple syrup.

2 egg yolks
 2 egg whites
 $\frac{1}{4}$ c. maple syrup

Boil rice in salted water until tender. Scald milk in double boiler. Stir cornstarch smooth in $\frac{1}{2}$ c. maple syrup and add gradually to the hot milk. Stir until mixture thickens, and cook 15 mins. Add rice and well-beaten egg yolks. Place in buttered baking dish. Beat egg whites until stiff, gradually add the $\frac{1}{4}$ c. maple syrup, and spread over pudding. Bake in a moderate oven (350° F) until delicately browned (about 15 mins.).

CREAMY RICE

$\frac{1}{4}$ c. rice
 $\frac{1}{2}$ tsp. salt
 $\frac{1}{4}$ c. sugar

1 tbsp. butter
 3 c. milk
 $\frac{1}{2}$ tsp. vanilla

Boil rice in water 10 mins. Drain and add other ingredients. Pour into buttered baking dish. Place in pan of hot water and bake for 2 to 3 hours in slow oven, stirring frequently during the first hour. If desired, $\frac{1}{2}$ c. raisins or dates may be added when pudding is nearly cooked.

TAPIOCA CREAM

$\frac{1}{4}$ c. fine tapioca or $\frac{1}{2}$ c. pearl tapioca	1 egg yolk
$\frac{1}{4}$ tsp. salt	1 egg white
$\frac{3}{4}$ c. milk	1 tsp. vanilla
$\frac{1}{2}$ c. sugar	

Cook tapioca with salt and milk in top of double boiler until transparent. Add sugar. Add a small amount of hot mixture to beaten egg yolk. Combine with mixture in double boiler and cook 5 mins. Remove from heat and fold in stiffly beaten egg white and vanilla. Serve warm, or thoroughly chilled.

If pearl tapioca is used, soak for at least 1 hour in cold water and drain before cooking.

HONEY COCOANUT TAPIOCA

Follow recipe for Tapioca Cream, using $\frac{1}{2}$ c. honey instead of sugar, and folding in $\frac{1}{2}$ c. cocoanut with beaten egg white.

FRUIT TAPIOCA

Follow recipe for Tapioca Cream, adding $\frac{1}{2}$ c. chopped dates, raisins, figs, or cooked prunes with beaten egg white; or place pieces of fresh or canned fruit in bottom of dessert dishes and cover with Tapioca Cream.

MAPLE TAPIOCA CREAM

Follow recipe for Tapioca Cream, using $\frac{1}{2}$ c. maple syrup instead of sugar. Nuts or banana pulp may be folded in with the beaten egg white.

CHOCOLATE TAPIOCA CREAM

Follow recipe for Tapioca Cream, adding 2 ozs. unsweetened chocolate, grated, to milk.

BUTTERSCOTCH TAPIOCA

Follow recipe for Tapioca Cream. Melt 3 tbsp. butter and add $\frac{1}{2}$ c. brown sugar. Cook until it is a rich brown colour and add with beaten egg yolk.

Note: $\frac{3}{4}$ c. crushed pineapple or

$\frac{3}{4}$ c. chopped dates or

$\frac{1}{2}$ c. chopped nuts may be folded in with beaten egg white.

SAGO CREAM

$\frac{1}{2}$ c. sago
 $\frac{3}{4}$ c. milk
 $\frac{1}{2}$ c. sugar
 1 egg

$\frac{1}{8}$ tsp. salt
 Flavouring (nutmeg, vanilla, orange
 lemon rind)

Soak sago for 1 hour in sufficient milk to cover. Add remainder of milk and cook in top of double boiler until sago is clear. Add part of hot mixture to beaten egg and sugar. Return to double boiler and cook 5 minutes.

If desired, 2 egg yolks may be used instead of the whole egg, and the pudding covered with meringue, made from 2 egg whites and $\frac{1}{4}$ c. fruit sugar and browned in a slow oven (325° F.).

SAGO SPONGE

Follow recipe for Sago Cream, using 2 egg whites, instead of whole egg. Fold in stiffly beaten whites when pudding is removed from heat. Serve with Custard Sauce (See page 13).

SAGO FRUIT PUDDING

Follow recipe for Sago Cream, omitting egg and using $\frac{3}{4}$ to 1 c. sugar. Cook 1 c. sliced apples or rhubarb, cut in one inch pieces, with sago and milk.

CUSTARDS

PROBABLY the most widely used milk dessert is the palatable custard. Combining the two nourishing foods—milk and eggs—in an appealing way, custards are particularly suitable to serve to children and convalescents. To ensure smooth texture, care must be taken in cooking custard as over-cooking will cause the mixture to curdle.

Custards are divided into two classes—the firm or baked custard, and the soft custard. The latter is sometimes served as a sauce with light desserts, such as sponges, or jellied fruits, and not only adds to their deliciousness but makes them more nutritious.

BAKED CUSTARD

3 or 4 eggs
 $\frac{1}{4}$ or $\frac{1}{2}$ c. sugar
 $\frac{1}{8}$ tsp. salt

3 c. hot milk
 $\frac{1}{2}$ tsp. vanilla or a little nutmeg

Beat eggs slightly. Add sugar and salt. Add hot milk slowly, then flavouring. Strain. Pour into buttered custard cups, and steam over boiling water, or place in pan of hot water and bake in slow oven (325° F) until firm—about 40 mins.

NOTE: 4 eggs are necessary if custard is being made in one large baking dish.

To test custard, insert a silver knife in the centre, and if it comes out clear, custard is cooked.

COCOANUT CUSTARD

Follow recipe for Baked Custard, adding $\frac{3}{4}$ c. shredded cocoanut.

CEREAL CUSTARD

Follow recipe for Baked Custard, adding $\frac{3}{4}$ c. grapenuts or cornflakes.

COFFEE CUSTARD

Follow recipe for Baked Custard, scalding 3 tbsp. coffee with the milk, or using 1 c. strong coffee instead of 1 c. milk.

CHOCOLATE CUSTARD

Follow recipe for Baked Custard. Add $1\frac{1}{2}$ ozs. unsweetened chocolate to milk and heat together in double boiler. When melted, beat with rotary egg beater.

Cocoa may be used instead of the chocolate, mixing 6 tbsp. cocoa with the sugar and combining with the eggs.

MARSHMALLOW CUSTARD

Follow recipe for Baked Custard. Place a marshmallow in the bottom of each custard cup, then add the custard mixture.

RICE CUSTARD

Follow recipe for Baked Custard, adding 1 c. cooked rice.

HONEY CUSTARD

Follow recipe for Baked Custard, using $\frac{1}{3}$ to $\frac{1}{2}$ c. honey instead of the sugar.

CARAMEL CUSTARD

Follow recipe for Baked Custard, placing 2 tsp. caramel syrup in bottom of each custard cup, or adding $\frac{1}{3}$ c. caramel syrup (See page 7) to custard mixture.

FRUIT CUSTARD

Follow recipe for Baked Custard placing halves of peaches or other fruit in the bottom of custard cups.

MAPLE CUSTARD

Follow recipe for Baked Custard, using $\frac{1}{3}$ to $\frac{1}{2}$ c. maple syrup instead of the sugar.

DATE CUSTARD

Follow recipe for Baked Custard, adding $\frac{3}{4}$ c. chopped dates.

GINGER CUSTARD

Follow recipe for Baked Custard, adding $\frac{1}{4}$ c. chopped preserved ginger or place thin strips of ginger in bottom of custard cups.

APPLE CUSTARD

Pare and core four medium sized apples. Simmer apples until tender in syrup made from $\frac{1}{2}$ c. sugar and $1\frac{1}{2}$ c. boiling water. Drain and place apples in bottom of custard cups. Pour custard mixture over apples. Finish as Baked Custard.

SOFT CUSTARD (Custard Sauce)

2 eggs or 4 egg yolks
 $\frac{1}{4}$ c. sugar
 $\frac{1}{8}$ tsp. salt

2 c. scalded milk
 $\frac{1}{2}$ tsp. vanilla

Beat eggs slightly. Add sugar and salt. Gradually add scalded milk. Cook over hot water, stirring constantly until mixture thickens and coats the spoon.

FRUIT CUSTARD

Arrange fruit, sprinkled with sugar if desired, in bottom of serving dish. Pour cold Soft Custard over fruit. Sectioned oranges, sliced bananas, cooked apples, canned pineapple, canned peaches, or a combination of fruits may be used. Garnish with whipped cream.

TRIFLE

2 c. stale cake (cut in cubes)
 $\frac{1}{3}$ c. fruit juice

1 c. fruit (fresh or canned)

Arrange cake in dish and pour fruit juice over it. Cover with fruit and pour over this cooled Soft Custard. Garnish with whipped cream or meringue.

FLOATING ISLAND

Pour Soft Custard into custard cups or a large baking dish. Arrange a meringue, made from 2 egg whites and 4 tbsp. fruit sugar, by spoonfuls on custard. Place cups or dish in pan of hot water and bake in slow oven (325°F) until the meringue is browned.

FRUIT FLOATING ISLAND

Arrange slices of fresh or canned fruit or berries in custard cups. Pour Soft Custard over fruit. Finish as Floating Island.

COFFEE FLOATING ISLAND

Follow recipe for Soft Custard, scalding 3 tbsp. coffee with the milk. Strain. Finish as Floating Island.

COCOANUT FLOATING ISLAND

Follow recipe for Soft Custard, adding $\frac{1}{2}$ c. shredded cocoanut. Finish as Floating Island, sprinkling meringue with cocoanut.

CHOCOLATE FLOATING ISLAND

Follow recipe for Soft Custard. Add 1 oz. unsweetened chocolate to milk and heat together. When chocolate is melted, beat with rotary egg beater. Finish as Floating Island.

NOTE.—4 tbsp. cocoa may be used instead of the chocolate, mixing it with the sugar and combining with the egg yolks.

CRUMB PUDDINGS

A VARIETY of delicious crumb puddings are to-day taking the place of the oldtime bread pudding. These desserts, closely resembling baked custards, require the same care in baking with regard to temperature and time.

CRUMB PUDDING

3 c. milk	$\frac{1}{4}$ tsp. salt
$1\frac{1}{2}$ c. bread crumbs or small cubes of bread or cake	2 eggs
$\frac{1}{2}$ to $\frac{1}{4}$ c. sugar	3 tbsp. melted butter
	$\frac{1}{2}$ tsp. vanilla or $\frac{1}{4}$ tsp. nutmeg

Scald milk. Add crumbs and let stand until soft. Add sugar, salt and beaten eggs; then the flavouring and butter. Pour into a buttered baking dish, place in pan of hot water and bake in moderate oven ($325-350^{\circ}\text{F}$) until set—about one hour.

CHOCOLATE CRUMB PUDDING

Follow recipe for Crumb Pudding. Add $1\frac{1}{2}$ ounces unsweetened chocolate, grated, to milk and heat until chocolate is melted. Reduce butter to 1 tbsp. and use $\frac{1}{2}$ c. sugar. $\frac{1}{2}$ c. chopped walnuts may be added.

CARAMEL CRUMB PUDDING

Follow recipe for Crumb Pudding, melting $\frac{1}{2}$ c. sugar in frying pan. Cook to a rich caramel colour, then dissolve in hot milk and pour over crumbs. $\frac{1}{2}$ c. chopped walnuts may be added.

QUEEN OF PUDDINGS

Follow recipe for Crumb Pudding, using 2 egg yolks and 1 whole egg. When pudding is cooked spread with jam or jelly, cover with meringue made of the 2 egg whites and 3 tbsp. fruit sugar. Place in slow oven until meringue is browned.

COCOANUT CRUMB PUDDING

Follow recipe for Crumb Pudding, adding $\frac{3}{4}$ c. cocoanut, plain or toasted. 2 tsp. lemon juice may be used for flavouring.

FRUIT CRUMB PUDDING

Follow recipe for Crumb Pudding, adding $\frac{3}{4}$ c. raisins or dates to mixture before baking.

BUTTERSCOTCH CRUMB PUDDING

Follow recipe for Crumb Pudding, melting 4 tbsp. butter and adding $\frac{3}{4}$ c. brown sugar. Cook until mixture is rich brown colour and dissolve in hot milk.

BREAD AND BUTTER PUDDING

4 to 6 slices stale buttered bread	$\frac{1}{4}$ tsp. salt
$\frac{1}{4}$ c. raisins	3 c. milk
2 eggs	$\frac{1}{2}$ tsp. vanilla
$\frac{1}{4}$ c. sugar	

Cut bread in slices about $\frac{1}{2}$ inch thick. Spread with butter and cut in strips. Arrange one layer in buttered baking dish and sprinkle with raisins. Place strips of bread on top in the opposite direction and sprinkle with raisins. Repeat until

dish is about full. Combine slightly beaten eggs, sugar, salt, milk and vanilla. Pour over bread. Place in pan of hot water and bake in moderate oven (350°F) until set (about 50 mins.)

ROYAL DESSERT

- | | |
|-------------------------------------|---------------------------|
| $\frac{1}{2}$ c. pineapple syrup | $1\frac{1}{2}$ c. milk |
| $\frac{1}{4}$ c. sugar | $\frac{1}{4}$ tsp. salt |
| $\frac{1}{2}$ lemon, rind and juice | $\frac{1}{4}$ c. cocoanut |
| 1 c. diced pineapple | 2 egg whites |
| $1\frac{1}{2}$ c. bread cubes | 3 tbsp. fruit sugar |
| 2 egg yolks | |

Boil syrup with sugar for 3 mins. Add lemon rind and juice, and pineapple. Cool and pour over bread cubes. Beat egg yolks, add milk, salt and cocoanut and pour over first mixture. Place in buttered baking dish and place in pan of hot water. Bake at 350° F until firm (about 40 mins.). Beat egg whites until stiff and add fruit sugar. Place meringue on pudding and brown in slow oven.

MAPLE PUDDING

- | | |
|------------------------------------|-------------------------|
| 2 c. maple syrup | $\frac{1}{4}$ tsp. salt |
| 4 to 6 slices stale buttered bread | 1 c. milk |
| 2 eggs | |

Boil syrup 10 mins. Butter slices of bread $\frac{1}{2}$ inch thick and cut in strips. Dip bread in syrup and arrange one layer in buttered baking dish. Place next layer of bread strips in opposite direction and repeat until dish is nearly full. Cover with custard mixture of eggs, remaining syrup, salt and milk. Place dish in pan of hot water and bake in moderate oven (350° F.) until set—about 40 mins.

ORANGE PUFF

- | | |
|--------------------------------------|-------------------------|
| 1 c. fine bread crumbs | 2 egg yolks |
| 1 c. milk | 4 egg whites |
| $\frac{1}{2}$ orange, juice and rind | $\frac{1}{4}$ tsp. salt |
| 1 tbsp. lemon juice | $\frac{1}{2}$ c. sugar |

Cover bread crumbs with milk. Add orange juice and rind and lemon juice combined with beaten egg yolks. Add salt to egg whites and beat until stiff. Beat in sugar. Fold into first mixture and place in pan of hot water. Bake in moderate oven (350° F) until firm. Serve with Golden Sauce.

GOLDEN SAUCE

- | | |
|-------------------------|-------------------------------------|
| $\frac{1}{4}$ c. butter | 2 egg yolks |
| 1 c. sugar | Grated rind of $\frac{1}{2}$ orange |
| $\frac{1}{4}$ c. milk | 1 tbsp. orange juice |
| Pinch of salt | 1 tsp. lemon juice |

Place butter, sugar, salt and milk in top of double boiler. When melted, add egg yolks and grated rind. Cook, stirring constantly, until thickened. Add orange and lemon juice.

MOULDED MILK DESSERTS

MILK and gelatine form the basis of many tempting and wholesome desserts. In making these, the following points are important:

- (1) Measure all ingredients accurately.
- (2) Soak gelatine in cold milk or water first, using at least twice as much liquid as gelatine.
- (3) Add soaked gelatine to hot milk and stir until gelatine is thoroughly dissolved.
- (4) Allow mixture to partially set before folding in nuts, fruits, egg whites, etc.
- (5) Rinse the mould with cold water before pouring in the dessert and loosen with a knife around edges when ready to unmould.

SPANISH CREAM

1½ tbsp. granulated gelatine
¼ c. cold water
3 egg yolks
¼ tsp. salt

2¼ c. milk
1 tsp. vanilla
3 egg whites
¼ c. sugar

Soak gelatine in cold water. Make a custard of egg yolks, salt and milk. Cook, stirring constantly, until mixture coats the spoon. Dissolve gelatine in hot mixture. Cool and add flavouring. When mixture begins to thicken, fold in meringue made by adding the sugar to the stiffly beaten egg whites. Turn into moulds and chill.

COCOANUT SPANISH CREAM

Follow recipe for Spanish Cream, folding in 1 c. shredded cocoanut with the meringue.

CARAMEL SPANISH CREAM

Follow recipe for Spanish Cream. Use ½ c. caramel syrup (See page 7) instead of sugar, combining it with the milk in making custard mixture. Fold in stiffly beaten egg whites.

COFFEE SPANISH CREAM

Follow recipe for Spanish Cream, using 1½ c. coffee and 1½ c. milk as liquid.

CHOCOLATE SPANISH CREAM

Follow recipe for Spanish Cream. Melt 1½ oz. unsweetened chocolate in milk when making custard mixture. Beat with rotary egg beater. Then add egg yolks and salt.

FRUIT AND NUT SPANISH CREAM

Follow recipe for Spanish Cream. Fold in, with meringue, ¼ c. chopped nuts and ¼ c. dates, candied cherries, or ginger.

BUTTERSCOTCH SPANISH CREAM

Follow recipe for Spanish Cream, using ½ c. brown sugar instead of white sugar and adding 2 tbsp. butter. Melt butter and sugar together and cook until a rich brown colour. Add to hot milk.

CRUMB SPANISH CREAM

Follow recipe for Spanish Cream, folding in, with meringue, the grated rind of 1 lemon and $\frac{1}{2}$ c. sponge cake or macaroon crumbs.

ORANGE SPANISH CREAM

Follow recipe for Spanish Cream, substituting 1 c. of orange juice and 1 tbsp. lemon juice for 1 c. milk. Add to custard mixture after it has been removed from fire. Serve with sliced oranges.

BANANA SPONGE

$1\frac{1}{2}$ tbsp. granulated gelatine
 $\frac{1}{2}$ c. cold water
 2 c. milk
 $\frac{1}{2}$ c. sugar

3 tbsp. lemon juice
 3 ripe bananas, mashed
 1 egg white

Soak gelatine in cold water and dissolve sugar and gelatine in hot milk. Chill. When partially set, fold in bananas, lemon juice, and stiffly beaten egg white. Chill thoroughly.

BUTTERSCOTCH RICE MOULD

$\frac{1}{2}$ c. rice
 $\frac{1}{4}$ tsp. salt
 3 c. milk
 2 tbsp. butter
 $\frac{3}{4}$ c. brown sugar

1 tbsp. granulated gelatine
 $\frac{1}{4}$ c. cold water
 $\frac{1}{2}$ c. chopped nuts
 1 tsp. vanilla

Cook rice and salt with milk in double boiler until rice is almost tender. Add butter and sugar, cooked together until dark brown, and cook until caramel is melted and rice is soft. Soak gelatine in water and stir into hot mixture. Add nuts and vanilla. Pour into moistened moulds and chill.

COFFEE CREAM

2 tbsp. granulated gelatine
 $\frac{1}{4}$ c. cold water
 $\frac{1}{4}$ c. coffee

$\frac{1}{2}$ c. sugar
 $1\frac{1}{2}$ c. rich milk or thin cream

Soak gelatin in cold water and then dissolve in hot coffee. Add sugar and milk. Strain into mould. Chill.

MILK FRUIT GELATINE

2 tbsp. granulated gelatine
 $\frac{1}{2}$ c. cold milk
 $2\frac{1}{2}$ c. scalded milk
 $\frac{1}{2}$ c. sugar

$\frac{1}{2}$ tsp. salt
 1 tsp. vanilla
 1 c. diced fruit

Soak gelatine in cold milk. Heat milk in top of double boiler and add salt and sugar. Add soaked gelatine and stir until dissolved. Chill and add flavouring. When partially set, add 1 c. of diced orange, pineapple, dates, cooked prunes, pears, peaches, or apricots.

RICE MOULD WITH GRAPE SAUCE

$\frac{1}{2}$ c. rice
 3 c. hot milk
 $\frac{1}{2}$ tsp. salt
 $\frac{1}{2}$ c. sugar

1 tbsp. granulated gelatine
 $\frac{1}{4}$ c. cold water
 $\frac{1}{2}$ tsp. vanilla
 Few drops almond extract.

Wash rice and cook in large amount of boiling salted water 10 mins. Drain. Add to hot milk and cook in top of double boiler until rice is tender (about 1 hour). Add salt and sugar to rice. Soak gelatine in cold water and stir into

hot rice. Add flavouring. Turn into mould, rinsed with cold water. Chill. When set, unmould and serve with Grape Sauce.

GRAPE SAUCE

- | | |
|------------------------------|-------------------------|
| $\frac{1}{2}$ c. grape jelly | $\frac{1}{8}$ tsp. salt |
| 1 egg white, unbeaten | |

Melt jelly in bowl over hot water. Add egg white and salt and beat with rotary beater until stiff. Cool.

CHOCOLATE PLUM PUDDING

- | | |
|---------------------------------|--|
| 1 tbsp. granulated gelatine | $\frac{1}{2}$ c. currants |
| $\frac{1}{4}$ c. cold water | $\frac{1}{2}$ c. sugar |
| $1\frac{1}{2}$ c. milk | $\frac{1}{4}$ tsp. salt |
| 1 oz. unsweetened chocolate | $\frac{1}{4}$ c. walnuts or almonds, chopped |
| $\frac{1}{2}$ c. seeded raisins | $\frac{1}{4}$ tsp. vanilla |
| $\frac{1}{4}$ c. dates | 2 egg whites |

Soak gelatine in cold water. Melt chocolate in milk. Add raisins, dates and currants to milk and allow to stand until fruit is softened. Add sugar and salt, and dissolve gelatine in hot mixture. Remove from fire. Cool and when partially set, fold in nuts, vanilla and stiffly beaten egg whites. Turn into moistened mould and chill. Unmould and serve with whipped cream.

MAPLE NUT DESSERT

- | | |
|-----------------------------|-------------------------------|
| 1 tbsp. granulated gelatine | $\frac{3}{4}$ c. maple syrup |
| $\frac{1}{4}$ c. cold water | 2 egg whites |
| $1\frac{1}{2}$ c. hot milk | $\frac{1}{2}$ tsp. vanilla |
| 2 egg yolks | $\frac{1}{4}$ c. chopped nuts |
| $\frac{1}{4}$ tsp. salt | |

Soak gelatine in cold water. Add hot milk to beaten egg yolks and cook in top of double boiler until the mixture thickens. Remove from fire, add gelatine, then maple syrup and salt. Cool, and when mixture is partially set, fold in stiffly beaten egg whites, vanilla and nuts. Chill before serving.

CARAMEL CHIFFON PUDDING

- | | |
|--------------------------------|----------------|
| 1 tbsp. granulated gelatine | 1 c. rich milk |
| $\frac{1}{4}$ c. cold water | 1 tsp. vanilla |
| 1 c. sugar | 4 egg whites |
| $\frac{1}{2}$ c. boiling water | |

Soak gelatine in cold water. Melt sugar in heavy saucepan, stirring constantly until it turns a rich caramel shade. Add boiling water and cook until sugar is thoroughly dissolved. Dissolve gelatine in hot syrup. Add milk and flavouring. When partially set beat until foamy and fold in stiffly beaten egg whites. Mould and chill. Serve with Custard Sauce (See page 13).

LEMON SPONGE

- | | |
|-----------------------------|------------------------------|
| 1 tbsp. granulated gelatine | 1 c. sugar |
| $\frac{1}{4}$ c. cold milk | $\frac{1}{2}$ tsp. salt |
| 1 c. hot milk | $\frac{1}{2}$ c. lemon juice |
| 3 egg yolks | 3 egg whites |

Soak gelatine in the cold milk. Add salt and sugar to the hot milk and pour over beaten egg yolks, beating well. Cook in top of double boiler, stirring constantly until mixture coats spoon. Dissolve gelatine in hot custard. Cool. Add lemon juice. When mixture is partially set, beat until frothy and fold in stiffly beaten egg whites. Pile in sherbert glasses, or pour into mould rinsed with cold water. Serve garnished with whipped cream.

SOUFFLÉS

A THICK cream sauce as a rule forms the basis of this delicate type of milk dessert. To make a soufflé light and fluffy, care must be taken in combining the ingredients and in baking the mixture at the proper temperature.

A soufflé should be served as soon as possible after being taken from the oven and is very delicious if accompanied by a tasty sauce.

VANILLA SOUFFLÉ

3 tbsp. butter
4 tbsp. flour
1 c. milk
 $\frac{1}{4}$ c. sugar

$\frac{1}{8}$ tsp. salt
3 egg yolks
3 egg whites
1 tsp. vanilla

Melt butter in top of double boiler. Blend in flour. Stir in milk and cook until thickened. Add sugar and salt. Cool slightly and add well-beaten egg yolks. Cool. Fold in stiffly beaten egg whites and flavouring. Turn into buttered baking dish or individual custard cups and place in pan of hot water. Bake in moderate oven (350-375° F) until firm—about 40 mins. Serve warm with Fruit Sauce (See page 6) or Foamy Sauce.

FOAMY SAUCE

1 egg
 $\frac{1}{2}$ c. hot milk

1 c. brown sugar
 $\frac{1}{2}$ tsp. vanilla

Separate yolk and white of egg. Beat $\frac{1}{2}$ c. sugar into yolk. Beat egg white, add remaining $\frac{1}{2}$ c. sugar and combine the two mixtures, beating thoroughly. Place in top of double boiler, add milk and cook until mixture thickens, beating during cooking. Remove heat and add flavouring.

FRUIT SOUFFLÉ

Follow recipe for Vanilla Soufflé. Place slices of canned or fresh fruit in bottom of custard cups. Pour soufflé mixture over fruit and bake. Serve with sauce made from fruit juice.

DATE AND NUT SOUFFLÉ

Follow recipe for Vanilla Soufflé, folding in $\frac{1}{2}$ c. chopped dates and $\frac{1}{3}$ c. chopped walnuts with egg whites.

MOCHA SOUFFLÉ

Follow recipe for Vanilla Soufflé, using $\frac{1}{2}$ c. strong coffee and $\frac{1}{2}$ c. milk in place of 1 c. milk.

COCOANUT SOUFFLÉ

Follow recipe for Vanilla Soufflé, folding in 1 c. cocoanut with egg whites.

CHOCOLATE SOUFFLÉ

2 oz. unsweetened chocolate
1 c. cold milk
2 tbsp. butter
3 tbsp. flour
 $\frac{1}{3}$ c. sugar

$\frac{1}{8}$ tsp. salt
3 egg yolks
3 egg whites
1 tsp. vanilla

Heat chocolate with milk in top of double boiler. When chocolate is melted beat with rotary beater. Melt butter, blend in flour. Stir in chocolate mixture

and cook until thickened. Add sugar and salt. Cool slightly and add well-beaten egg yolks. Cool. Fold in stiffly beaten egg whites and flavouring. Pour into individual custard cups or one large baking dish. Place in pan of hot water and bake in moderate oven (350-375° F.) until firm—about 40 mins.

ALMOND RICE SOUFFLÉ

$\frac{1}{2}$ c. rice
 $1\frac{1}{2}$ c. milk
 4 tbsp. butter
 4 tbsp. flour
 1 c. milk
 $\frac{1}{4}$ tsp. salt

$\frac{1}{2}$ c. sugar
 3 egg yolks
 Grated rind of $\frac{1}{2}$ lemon
 $\frac{1}{2}$ c. almonds, blanched and chopped
 3 egg whites

Cook rice with $1\frac{1}{2}$ c. milk over hot water until rice is tender. Make a sauce of butter, flour, salt and remaining cup of milk. Add sugar. Cool and add well-beaten egg yolks. Add cooked rice, lemon rind and almonds. Fold in beaten egg whites. Pour into individual custard cups or buttered baking dish and oven-poach in a moderate oven (350° F.) until firm—about 40 minutes. Serve at once.

LEMON SOUFFLÉ

3 tbsp. butter
 $\frac{1}{2}$ c. sugar
 3 egg yolks
 3 tbsp. flour
 1 tsp. baking powder

$\frac{1}{4}$ tsp. salt
 1 c. milk
 Juice and rind of 1 lemon
 3 egg whites

Cream butter. Add sugar gradually. Then add egg yolks mixed with lemon juice and rind. Add flour, baking powder and salt. Stir in milk and lastly fold in stiffly beaten egg whites. Pour into buttered baking dish or individual custard cups and oven-poach in a slow oven (350° F.) until pudding is set—about 40 minutes.

ORANGE SOUFFLÉ

Follow recipe for Lemon Soufflé using grated rind and juice of $\frac{1}{2}$ orange and 1 tbsp. lemon juice in place of juice and rind of 1 lemon.

APPLE SOUFFLÉ

$\frac{1}{4}$ c. fine tapioca
 $\frac{1}{8}$ tsp. salt
 1 c. milk, scalded
 3 egg yolks

$\frac{1}{2}$ c. sugar
 1 tbsp. lemon juice
 1 c. raw apple, grated
 3 egg whites

Add tapioca and salt to milk, stirring frequently, and cook in double boiler until tapioca is clear—about 15 minutes. Add sugar. Cool. Add well-beaten egg yolks, lemon juice and apple. Lastly fold in stiffly beaten egg whites. Pour into buttered baking dish or individual custard cups and oven-poach in slow oven (325 to 350° F.) until firm—about 40 minutes. Serve hot with whipped cream.

CREAM AND CUSTARD PIES

STRICTLY speaking, pies do not come under the heading of "Milk Desserts" but it seems fitting to expand the title to include the nutritious custards and so-called cream pies. Many of the following fillings may be prepared and served as a pudding to children.

In making the cream fillings, the rules listed under "Starch Desserts" should be carefully observed while the success of a custard pie depends on using proper temperature for baking.

CREAM PIE

$\frac{1}{2}$ c. sugar
 $\frac{1}{3}$ c. flour
 $\frac{1}{8}$ tsp. salt
 $\frac{1}{2}$ c. cold milk
 $1\frac{1}{2}$ c. hot milk
2 egg yolks

1 tbsp. butter
1 tsp. vanilla
2 egg whites
Pinch of salt
3 tbsp. fruit sugar

Mix together the sugar, flour and salt. Combine with the cold milk. Stir into hot milk and cook in double boiler about 10 mins. stirring constantly. Beat egg yolks, combine with a little of hot mixture and add to mixture in double boiler. Cook 3 mins. Remove from heat and add flavouring. Pour into baked pie shell. Beat egg whites until stiff. Add sugar gradually, and spread the meringue over filling. Bake in a slow oven (325° F.) about 15 mins. or until delicately browned.

PASTRY

(makes two pie shells)

$1\frac{1}{2}$ cups flour
 $\frac{1}{2}$ tsp. salt
 $\frac{1}{4}$ c. butter

$\frac{1}{4}$ cup lard
Cold water

Sift together flour and salt. Cut in butter and lard. Add cold water to make a stiff dough. Chill before rolling.

CHOCOLATE CREAM PIE

Follow recipe for Cream Pie, increasing sugar to $\frac{3}{4}$ c. Melt 2 ounces unsweetened chocolate, grated, in the milk. Beat with rotary egg beater.

COFFEE CREAM PIE

Follow recipe for Cream Pie. Add 3 tbsp. coffee to the milk and bring to boiling point. Let stand 10 mins. Strain.

BUTTERSCOTCH PIE

Follow recipe for Cream Pie, increasing butter to 2 tbsp. and using 1 c. brown sugar. Melt butter and blend with sugar, and add to hot milk.

FRUIT CREAM PIE

Follow recipe for Cream Pie. When filling is cooked, add $\frac{1}{2}$ c. chopped dates, or 1 c. chopped fresh or cooked fruit.

GRAHAM CREAM PIE

12 Graham wafers, crushed
1 tbsp. sugar
2 tbsp. melted butter
 $\frac{1}{4}$ c. sugar
Pinch of salt
1 tbsp. cornstarch

1 c. milk
2 egg yolks
2 egg whites
3 tbsp. fruit sugar
 $\frac{1}{4}$ tsp. vanilla

Mix wafers, 1 tbsp. sugar and melted butter together. Pack two-thirds of mixture into pie plate. Combine sugar, salt and cornstarch with milk and cook

in top of double boiler until thick. Cook 10 mins. Add beaten egg yolks and cook 5 mins. Pour over mixture in pie plate and cover with meringue made by beating egg whites until stiff and adding fruit sugar and vanilla. Sprinkle remaining crumbs on top and bake in slow oven (300-325° F.) until delicately browned. (about 15 mins.).

CUSTARD PIE

3 eggs
 $\frac{1}{2}$ c. sugar
 $\frac{1}{4}$ tsp. salt

$2\frac{1}{4}$ c. hot milk
 1 tsp. vanilla or few gratings nutmeg

Beat eggs slightly. Add sugar, salt and flavouring, then milk, gradually. Strain and pour into pie plate lined with pastry. Bake in hot oven (450° F.) for 15 mins. Then reduce heat to 325° F. and bake until custard is set—about 25 mins.

FRUIT CUSTARD PIE

Follow recipe for Custard Pie. When pie has cooled; spread sweetened fresh berries, or sliced fruit over filling and cover with whipped cream.

CARAMEL CUSTARD PIE

Follow recipe for Custard Pie, melting the sugar in a frying pan, then adding it to the hot milk.

APPLE CUSTARD PIE

Place a layer of slightly sweetened, apple sauce, flavoured with cinnamon, in bottom of pie shell. Pour over this the custard mixture.

COCOANUT CUSTARD PIE

Follow recipe for Custard Pie, adding $\frac{1}{2}$ c. shredded cocoanut to custard mixture.

MAPLE CUSTARD PIE

Follow recipe for Custard Pie, using $\frac{1}{2}$ c. maple syrup, or grated maple sugar instead of the sugar.

PUMPKIN PIE

3 eggs
 1 c. sugar
 $3\frac{3}{4}$ c. pumpkin (1 No. 2 $\frac{1}{2}$ can)
 1 tsp. ginger

1 tsp. cinnamon
 $\frac{1}{4}$ tsp. salt
 2 c. milk

Beat eggs until frothy. Add sugar, then pumpkin and seasonings. Add milk. Strain and pour into two pie plates, lined with pastry. Bake as Custard Pie.

GEORGIAN PIE

1 c. milk
 $\frac{1}{4}$ c. sugar
 1 c. stale cake crumbs
 $\frac{1}{2}$ c. raisins
 $\frac{1}{2}$ c. nuts

$\frac{3}{4}$ c. milk
 $\frac{1}{4}$ c. sugar
 2 egg yolks
 1 tsp. vanilla

Heat milk, add the $\frac{1}{4}$ c. sugar, crumbs, raisins and nuts. Line pie plate with pastry and spread mixture over it. Cover with custard mixture made from milk, sugar, egg yolks and vanilla. Bake as Custard Pie.

If desired, cover with meringue made from 2 egg whites and 3 tbsp. fruit sugar.

DATE CUSTARD PIE

$\frac{3}{4}$ c. chopped dates
 2 c. milk
 2 eggs

$\frac{1}{4}$ tsp. salt
 $\frac{1}{2}$ tsp. vanilla or 1 tsp. lemon juice

Cook dates and milk together in top of double boiler until dates are soft. Rub through sieve. Combine with beaten eggs, salt and vanilla. Pour into pie plate lined with pastry and bake as Custard Pie.

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